Health, Population and Environmental Education	9 <sup>th</sup>	142	Maternal and Child Health	<ul> <li>Play grounds must be located a bit far from school.</li> <li>Always check playing materials whether they are broken or not.</li> <li>If there are objects that may cause injury on playgrounds, they should be removed and pits should also be filled.</li> <li>Check or examine play ground everyday.</li> <li>.New students should be explained about the play ground's rules. Teachers must be one of the players.</li> <li>While constructing playgrounds, they should be managed from safety point of view.</li> <li>While playing game, one should play under supervision of teachers as far as possible.</li> <li>Always play game with discipline and always obey rules.</li> <li>If Mother's Age is Below 18 and Over 35 Years</li> <li>It is dangerous if mother's age is below 18 and above 35 years while becoming pregnant. In human life, the period from 18 to 35 years is regarded as physically active stage. Before the age of 18, due to continuous physical development, woman will not be physically matured. After crossing 35 years of age, due to reduction in physical capacity, to be pregnant is not taken good from health point of view. Therefore, giving birth to a baby within the age of 20-30 is regarded as the best time.</li> <li>If Mother is Suffering From Malnutrition or Giving Birth to Many Children.</li> <li>Health of mothers who are malnourished and who have given birth to many children will not be good. Since mother's own health is bad, obviously, baby's health will also be bad. While a baby is inside mother's womb, or while suckling mother's milk, they get nutrition from mother's food and therefore makes mother malnourished. If the condition of malnutrition gets worse, mother's health will be at risk.</li> </ul>
				matured. After crossing 35 years of age, due to reduction in physical
	2		'	
				Children.
				Health of mothers who are malnourished and who have given birth to
				many children will not be good. Since mother's own health is bad,
				and the second s
				While Telving Dungs that many Affect Debug
				While Taking Drugs that may Affect Baby
				During the 1st three months of pregnancy, baby's body's organs will be
				developed. During this period, if medicines are taken, they may
				produce negative effects and may develop malformations in child
				development. Therefore, such mothers must not get pregnant while
				they are under such medications.

Environmental	9 <sup>th</sup>	7-8	Basic Hygiene	Solid Waste Management
Science	tores spense	£ 1251-000	SAN DERBIT RESIDENTE	(表):
TO SOLVED STATE	De tarbas e	at . HSL noSt	ger georg i vicetto vige	Solid wastes are thrown from places like house, dwellings/settlement, industries, city areas etc. Such wastes must be collected from all areas
u Buzanza - soga dase la sido.	g -38 1 - 240a s	e i viji digaz	- 5135 October 195	and properly managed. From those wastes, compost can be made, sold
dania se	valoria (40)	organsi.	re OSS au D.C. Della Certi	and distributed. Non-decomposed materials must be processed and
			· 建高压器器 50 (2020)	used. This helps in reducing air pollution.
e nation kulig de	Annala as m	w. x - 5d	\$1.236C\$2200   d.153748 923   41	rgy' a
	and jde	u in case	a scome elements.	Waste Water Management
ing same on inc	30 (507)	ene uga	e generalnestic c	and the second s
		. 44		Waste water is drained from house, industries and city areas. Water
er Bernstein (* 18	lar da di	Zevin uraki	whigh the life to	contains many kinds of decomposed materials. From those materials,
		5/ts	Paragraph 4500 A 8704	bad smelling and poisonous gases come out. Therefore, waste water
ued Bulla hederne kar	re wie beun.	. The Hills	ការ បកសក្ក ស្រីស្ព	must be drained only after processing. Toilet water must not be allowed
		l		to drain openly. Open drainage must be stopped from
				dwellings/settlement areas. It is necessary to manage drainage from
Билик жаруу бар	special contract	Picacer (a)	Mysik Parasonnia	underground. In this way, if waste water management is done, it helps
turk eye ilik keri	seve Dayer	land (2)	Establish Establish	to prevent air pollution by stopping spread of foul smell in air.
Environmental	9 <sup>th</sup>	16-19	Basic Hygiene	Water Pollution
Science		174	ay ayadi. Naka	
લાપુર ભૂદપદ્ધા છેલે જ હતા.	er to a company		eur i estebelati	When external natural materials get mixed with safe water, water gets
marin a marin d		. 11 11334	wan en was skrijwen.	polluted. External factors such as poisonous substances, germs,
e for store bargy	5.5%	a skidi A	are in goden yêrresi e ro	minerals salts, manure, soil etc make water polluted. Due to such
				external causative factors, water has a chemical property of dissolving
				most of the substances. Therefore, when other substances get inside
<b>2010 A</b> E 1711 BE1775	SEE CHEE	SA Drazilorean	Alfred La Robin	water, they dissolve slowly. In this way, due to dissolving of other
				substances in water, water gets polluted.
Carlos	a salah di	7.1V 3:0.3576+1	teta tier our land.	Causes and Control Measures
state at electric		1 24	.og to Section	
era in Provide	sa sa sa	. PAR EIR	to a Militan eig	Safe water is needed for human beings. Due to some natural incidents
			Bus harm so in	and human activities, water gets polluted. How water gets polluted has
mande kommunistik	10 100	sárs s	vilano de later design	been described below.
Jedan See	Market Alle	Line District	e designation is the	
				Cleanliness
	ļ.	: 11:01:01	Luxestuto fina hassi	While bathing, human beings remove dirt, nasal discharge, sputum etc
				from body. There they also wash clothes. While cleaning house yard,
ra Tilbert by Subber Hil				office paths etc, dust particles and wastes/garbages come out. Such
ypart vivis deplic			1	wastes when get mixed with water, water gets polluted. Wastes when
bars as a secur				get decomposed in water, disease microorganisms are produced due to
Black Made	g verse	81.5		which water gets more polluted. To prevent water pollution, following
			a tradiction makes	ways need to be adopted.

- Waste water and dirt that come out while cleaning must not be allowed to get mixed with each other. Cleanliness work must be done by staying away from water source.
- Wastes that come out from different sources must be disposed away from water source.

#### **Drainage Management**

Waste water coming out from different activities and solid substances mixed with them are drained for drainage. Waste water that has been drained by this way and the substances that get drained with such water, if get mixed with water sources, water sources get polluted. To prevent/stop water pollution due to drainage, following ways must be adopted.

- Drainage and outlet must be made away from water sources.
   Leakage of drainage water and its mixing with water must be avoided. For this, concrete drainage must be constructed.
- Drainage must always be of flowing type so that water may not freeze and leakage is prevented. Decomposed/decayed materials and germs in waste water can not get mixed with water source.

## Solid Waste Management

Solid wastes if thrown/disposed near water source, water get polluted. Wastes slowly decompose and get mixed with water source. Water coming out after waste decomposition gets polluted. In such water, plenty of disease microorganisms are present. They pollute water source. Carcasses and other microorganisms when disposed in water source, water gets polluted. Disposal of dead animals at public places and wastes get drained out by rain water and get mixed with river and rivulet. These things get decomposed and mixed with water and make water polluted. To prevent waste water pollution, following ways should be adopted.

- Waste management must be done in dwellings/settlement areas, and at local level. Wastes must be collected away from water source.
- Water/liquid coming out after waste decomposition must not be allowed to get mixed with water source. Disposal of wastes at public place must be prohibited.
- Manure collecting pits must be away from water source. By doing this, microorganisms coming out from wastes and waste

Science		DA-18,80	ami gretophoc oc	
Environmental	9 <sup>th</sup>	89-90	Basic Hygiene	Environmental Cleanliness
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Same Williams			over or an Bribas	mie ayoutery, round werms over
attiviti tilli oktigati.		at pr	. Att Cognition	_
				<ul> <li>Polluted water contains viruses. Such water spreads diseases</li> </ul>
				rainy season.
			on Reporting Sign	Dimining of postation water causes and expenses,
			eres kan doj, kater.	spreads sie wry to olse where.
BATE VALL MARKER		ĺ		
ានសម្តាប់ នៅក្នុងសម្តេច ការសម្តេច នៅដែល			isi II. saday kaya ka	• Polluted water contains cholera bacteria. In such water, these bacteria multiply. Drinking such water cause cholera. This
			and the second	kiir k. Ye siq 
under Sub-rou. Bera Spies 7		ł	istoria. Programa Bisky program i ski	beings some of which are given below.
Transa Suzana a				and protozoa. Such water cause many kinds of diseases to human
Annestation and Charles				Polluted water contains disease microorganisms like virus, bacteria,
			DVI AL ROMENTA	Effects of Polluted Water
			117V 111 94	created. For this, strict laws must be implemented.
vo Trakla, ariş		e egypter	PAGE NO	controlled. Standard of industrial waste water must be
ustronoof Volumpini		Ziras, el el fo.	estateda (Basic Basic)	• Flow of industrial waste water at public place must be
New to distinct the con-		İ		
1000年,大學第二十	1 11 2	gen in 1979)	arab kaliman da ta	Harmful chemicals/poisons must be destroyed by processing
ರ ಕನ್ನಡಚಿತ್ರಗಳು	e gradina	SAL THE	villog serresores an it igno	Association in the contract of
,3503506 317 1 17	al a sol	and the second	hadana un ogt	should be adopted.
				prevent water source pollution from waste water, following ways
				solid wastes when get mixed with water source, water gets polluted. To
		But in all	iste i sassiliu e 1990.	pieces of grasses, leaves, and suspended particles. Waste water and
			gusur dan lahar	comes out from industries. Waste water contains dust particles, small
		ļ .	1 0 de 1 d	cadmium arsenic etc. found to get mixed with the waste water that
				used. Chemical substances like chloride, magnesium sulphate, iron,
	alino deservicas	to asin you	a markit by a parater	industries, chemical substances and different kinds of raw materials are
			20 5 50 272 2722	Human beings start different kinds of industries for development. In
			25.434.62	Industrial Waste Management
	**			
			i traki nashi ya Kashali Hazar Bari	and was board may not go position
			Province and serious	Due to this, defecation in haphazard ways will be prevented
	101 a 1 a 1 a 1 a 1	As in the	na vag en leverol.	in turn and aroun arous, toness made of property and agent
				water/liquid cannot get mixed with water source.

				healthy. Environment gets polluted due to 'human's different kinds of
				negative activities. Every kind of cleanliness helps to keep environment
				clean. Some examples of this are as follows.
				clean. Bonie examples of this are as follows.
				***
				We must keep house inside and outside clean. Bedrooms, kitchen and
				other rooms of house must be kept clean. Inside house, there must be
				proper management of ventilation system.
				Wastes coming out from house must be collected at specific places.
				Wastes should not be disposed haphazardly around house. This pollutes
				environment around the house. We all must keep our community and
				ward clean. Management should be done regarding the collection of
				wastes coming out form community and sending/dispatching these
				wastes to concerned person/institution.
				•
				Pollution Control
				1 onution Control
				Among different factors that destroy_environment and create
				imbalance, pollution is one of such factors. Although one kind of
				population differs from another, they are interrelated. In pollution
				control, there is a special role of human beings. Major ways that have
				to be adopted for pollution control are as follows.
				Management must be done to control from the place from where
				pollution has originated. For example, wastes coming out from house,
				industries, hospitals etc pollute air, water and food. If such wastes can
				be managed properly from every place, pollution control will be easier.
				Industrial waste water and polluted substances must be
				_
		1.5		always mixed with water only after their processing. By
				doing this, pollution is reduced.
				If laws made for pollution control can be implemented
				effectively, to some extent it helps in pollution control.
				If landslides, floods can be controlled, water pollution can be
				prevented. Similarly, waste drainage must not be mixed with
				water sources.
				Pollution can be controlled by conducting public awareness
				campaigns.
Environmental	9 <sup>th</sup>	95-10	Basic Hygiene	Solid Wastes
Science	-	1		-
Belence		1		TT 1 1 1 0 11 1 0 11
				Human beings use many kinds of things. Among them, some are
				naturally available and some artificially prepared. Doing different
				works at home, cooking food in kitchen, doing agricultural works at
				home, starting industries, doing trade/business etc are some human
	1		1	

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activities from which necessary and unnecessary things come out. Unnecessary things are wastes. Similarly, for daily living, we do different kinds of activities. From these activities, different kinds of wastes come out. Human beings throw unnecessary things as wastes. Utensils, broken objects, used papers, plastics, dust particles and other things that come out after cleaning house and yards etc are wastes.

# Types and Sources of Wastes that Come out from Rural and Urban Areas

Wastes get collected form rural and urban areas. Human beings work inside and outside house/settlement areas. Cooking food, doing parties, doing agricultural works, starting industries, business, livestock raising etc can be taken as examples of work done by human beings. The types and level of such works may differ among rural and urban areas. As a result, the types and sources of wastes coming out from rural and urban areas are different.

#### **Types of Solid Wastes**

Wastes coming out from rural and urban areas are of different kinds/types. They can be divided into two categories: organic and inorganic wastes. Decomposable wastes are organic wastes. Grasses, plants, straws, vegetable pieces, parts of plants, carcass etc fall under organic wastes. With the help of bacteria, fungus etc, these materials are decomposed (rotten) and get mixed with soil. Non-decomposable/non-degradable substances are inorganic wastes. Metal substances, plastics, glass, rubber, cement, chemical substances etc do not get decomposed by natural ways.

## Waste Disposal in Rural Areas

In rural areas, sources of wastes are limited. Major sources of rural wastes are as follows.

# **Domestic Wastes**

Vegetable stems, unused leaves are wastes that come out from kitchen. Ash, broken utensils, plastic bags, old clothes also come out from house. Such wastes can be easily decomposed and converted into manure. In rural areas, every house can easily manage domestic wastes by decomposing and burrowing them in the empty lands.

#### Wastes from Livestock

In rural areas, people raise cattle/buffalo, goat, poultry etc. From them, wastes originate and if they are produced in excess amount, they spread foul odour. If we can clean shed, make cross ventilation there, it wouldn't be difficult to manage the wastes coming out from there. If we can properly decompose/ferment wastes from livestock and make manure, their effects on environment will be less.

#### Waste Disposal in Urban Areas

In urban areas, density of human population is higher than in rural areas. Human activities are more in urban areas. Due to this, sources and types of wastes coming out from urban areas will be of different kinds.

#### a. Domestic Wastes

In urban areas, wastes come out from kitchen, house and yard cleaning. Vegetable residues, plastic bags, paper, bones of meat/fish and unnecessary old things at home come out from urban area's houses. Due to high density of people, domestic wastes are more than in rural areas. Due to lack of open land, it is difficult to dump domestic wastes than in rural areas. Urban domestic wastes have to be collected from house or any specific place and taken to dumping sites. To manage urban domestic wastes, every person must help. Everybody should help organizations, institutions, communities that are involved in waste management.

## b. Waste Disposal from Market Area

In urban areas, there are shops from small to big ones. From them, things like boxes, papers are thrown as wastes. Likewise, broken objects, and other damaged things are also disposed as wastes. These wastes must be collected systematically. They must be taken to waste collecting sites/dumping sites. These wastes must be managed by adopting any one of the proper management methods such as re-use and compost preparation.

#### c. Hospital Wastes

Wastes like empty medicine box, empty vials/glasses, damaged medicines, broken things/equipments etc come out from hospitals. Likewise, needle/syringe, body tissues, clothes, cotton etc are also hospital wastes. Such wastes must be processed first and then must be made inactive and finally must be burrowed in safe places. More

harmful wastes must be destroyed by burning.

#### d. Waste Disposal from Office

In urban areas, there are many organizations, offices, educational institutions etc. Wastes like plastics, carbon paper, used pens, paper are thrown from such places. If they are not properly managed, the environment gets polluted. For collection and disposal of such wastes, office must also help.

## **Industrial Wastes**

In urban areas, due to transportation and trade facilities, industries are present from small to big industries. Industrial wastes include wastes like damaged raw materials, equipments, damaged medicines, rotten materials, boxes and papers. Non-decomposable/ inorganic/ wastes will be more. Waste water also comes out from industries. They might be polluted with poisons and chemicals. They should also be properly collected and disposed.

#### **Waste-Borne Problems and Diseases**

Wastes make land, water and air polluted. Through these medium, microorganisms spread. Waste borne problems and diseases are as follows:

- Wastes attract flies and insects and they get food and lodgment there. Flies breed in such places and multiply their numbers. Flies transmit disease microorganisms from one place to another and to water and food. This may cause diseases like diarrhoea, dysentry, ascariais, vomiting etc.
- With wastes, different things such as cereals, left over foods, rotten objects get mixed. Mouse and small organisms sit on those places and feed on wastes and make that place polluted.
   There they also multiply and increase their number. From this also, disease microorganisms will get transmitted.
- When wastes get rotten, polluted liquid materials come out.

  Such polluted water may flow or leaked and get mixed with water source. From this polluted water, harmful microorganisms reach inside human's body due to which we get disease like ascariasis, diarrhoea, vomiting, typhoid, jaundice etc.
- Due to wastes, environment gets polluted and natural environment gets imbalanced. Natural environment getting

				<ul> <li>imbalanced means to create many kinds of problems such as land getting polluted and damaged, water getting polluted and difficulty for human beings to survive, spread of foul odour, human beings face difficulty in living at such places.</li> <li>In polluted water, chemical substances are present in dissolved form. Due to water pollution, food and favorable environment will not be present for aquatic animals and it will affect their dwellings. Food also affects their life cycle.</li> <li>Green vegetables that grow in polluted land also contain disease microorganisms. Polluted land also affects human</li> </ul>
				<ul> <li>beings, animals and birds.</li> <li>Disease microorganisms from wastes get mixed with air and pollute it. Dust particles, smoke, and disease microorganisms are present in polluted air. In such smoke, TB bacteria may also be present. Such disease microorganisms enter inside body through inhalation. Diseases like cholera, typhoid, jaundice, asthma, coughing, and common cold get transmitted through polluted water.</li> </ul>
			·	Tetanus bacteria will also be present in wastes and
				faeces/urine and get transmitted through them.
				Some wastes are decomposable while some are not. If they
				get decomposed, it causes great loss/harm to the
				surroundings and settlement area.
	th			entri cei
Health,	10 <sup>th</sup>	46	Maternal and	Facilities for Maternal and Child Welfare
Population and			Child Health	
Environmental		:		Care /service of pregnant, postnatal and breast feeding mothers and
Education				physical and mental health of child from the period of pregnancy
				(birth) to <5 years of age is called maternal and child welfare (MCW.
				Developing countries like Nepal must pay special attention to maternal and child health. For this, knowledge of sources, resources and skills is
			·	very important. In these things, family's standard of living plays a
				leading role. If family's quality of life is good, service and facilities
				that are essential for MCW can be made available in large extent and
			t, el	maternal and child mortality rate can be reduced.
		and the second s		Virginiania
				<u>Health</u>
			in the second	\$4 ± 15
				From health point of view, to maintain quality of life, following things
				need to be paid attention. There should be management of plenty of
				clean and safe water for drinking.
				Personal and community cleanliness should be done.
				Surrounding environment must be kept clean and green.
				For the welfare of family, marriage, first pregnancy at proper

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		Cleanliness
A Titler of agent tenths at the	i	If have your haddings gowdens nothways public wells ton water
10 10 10 10 10 10 10 10 10 10 10 10 10 1	o distribution	If house, yards, beddings, gardens, pathways, public wells, tap water,
Services of Services and		community tap waters, ponds lake can be kept clean, improvement can be made on family's living standard.
numer or avaired brighted a vive escalar viscos especial or displication		
	i de espira de databancio de e	
And the supplies to a solution of the second		As a result, QOL is enhanced.
Surrey (March March 2) (The March 16) March 19 Surrey (March 2) And (March 16) (March 16) (March 16)		
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Health, 10 <sup>th</sup> 56-57		First Pregnancy at Appropriate Age
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	sa popia una ala la m	To enhance QOL, another important thing is to get pregnant at
Education	freg Laguages	appropriate age. To be pregnant after reaching the age of 20 is regarded
		first baby birth, couple can enjoy married life to great extent and also
	gerializaten barriasakoa	gains maturity. Due to this, they will be capable of thinking, analyzing
The first time of the second s		and making decision regarding family size. Therefore, it greatly affects
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at divide in the property of the second		Without giving birth early and keeping appropriate interval of birth
is agreed seemled by Burcherton Wireless		spacing between 1 <sup>st</sup> and next baby, both mothers and child health will
malibritaria en en esca	£	be good. It won't be difficult to raise child also. If Baby is born after
nos novos signi a desir en como		appropriate interval of time (birth spacing-4-5 years), physically,
	savetgarnerezek fylk	mentally an intellectually they will be strong and active. From this
		family's QOL will increase.
		iii 425.1
		Paying Attention to Health and Cleanliness
्राक्षके हुए अस्ति । जीवतिक पूर्व । क्रा संस	elem en jv. ser kessen	
The organization for the second control of this was	er togili saayaasaa y	Healthy children are family's valuable assets. Family's health plays an
	přise Athero – popře v rapids	
longó (Suráliku sibuli	No. of the same states	From practical application of the person's knowledge and skills and
and the many wast following the court of		
anganja sasar separahan benda		healthy. To remain healthy, nutrition and balanced diet, health services

				and facilities are needed to be available. Another important part of remaining healthy is personal and community cleanliness. If we can keep our house, yard, community, paths, public place clean, surrounding environment of house will be clean, tidy and green. Like wise, proper management of toilets, drainage systems and waste also helps in keeping family members healthy. Due to thy will also be active. From this, it will help in maintaining QOL.
Health,	10 <sup>th</sup>	69	Basic Hygiene	Waste Management
Population and				and the
Environmental				House, industries and city areas are the sources of waste. Due to proper
Education				management of waste, environment will be conserved. Local level
				authorities like Municipality, VDCs (village development committee)
				do work of waste management. In this work, we must also help. In
				every person's house, there must be toilet. Likewise, public toilet must
				also be present at places. Due to lack of toilet, people defecate
				haphazardly from which environment get polluted. Therefore, there
				must management of throwing waste coming out from different places
				at specific places. This helps in keeping environment healthy as well as
	a a th			environment is conserved.
Health,	10 <sup>th</sup>	106	Basic Hygiene	Wastes
Population and				
Environmental				From industries, solid or liquid wastes come out. Wastes coming out
Education				from leather factories, waste collection sites (dumping sites), metal
				industries, and drainages, poisonous chemicals are mixed. Water
				coming out from such places is polluted. Such polluted water makes environment foul. It affects foods and settlement areas of land and
				aquatic beings. Wastes affect land beings. From polluted water,
				diseases like diarrhoea, cholera, and typhoid spread.
Health,	10 <sup>th</sup>	115	TB/Malaria/H	Disease and mode of transmission
Population and			IV/AIDS/Syp	
Environmental			hilis/Gonorrho	Mode of transmission Diseases
Education			ea/Hepatitis	1. Air borne TB
			В	2. Mosquito bite Malaria
			49	3. Sexual contact Gonorrhoea, syphilis and HIV/AIDS
	:			4. Injection Hepatitis B, HIV/AIDS
Health,	10 <sup>th</sup>	118	Hepatitis B	Hepatitis B is caused by a virus called hepatitis B virus. It is a disease
Population and				related to liver. This virus gets transmitted from one person to another
Environmental	1			rapidly. After getting this disease, people get liver cancer. Due to this
Education				disease, in the world, every year about 2 million people die. This
				disease gets transmitted from one person to another through
				needle/syringe sharing, unsafe sexual contact and blood transfusion.
				Following are the symptoms of this diseases:

No may base enjo	\$22.5 To 12.00 E	icaliave	wi est issues se sou	• In the beginning, feeling of tiredness
and the State of Beach	anur. Palau	a coo be	iwaan ja a	Loss of appetite
valence in special inte	ov udash	America	wo jisaa wa	• Skin and eyes become yellow
pulse upon gel bes	ter passible e	d Nove a c	57 pro 66 Abrilla	• Possibility of getting liver cancer due to which patient may
o as the Wilson -	apiesk up a	usmi Lavai.	Da Br. Širibššau, gisašau.	1 degree of die.
Health,	10 <sup>th</sup>	119-1	HIV/AIDS	Sexually Transmitted Infections
Population and	SK Karis	21	signatur i er	natorii seritu
Environmental	·		BALLESS.	Infections that get transmitted from one person to another through
Education				sexual contact are called sexually transmitted infections (STIs). Unsafe
market my assignment	1,11 (188)	25 001 C38	read of the best ex-	sexual contact is the main cause of STI. Unsafe sexual contact means
Yaku masesa seber	record surfi	es traces	Berger (Fr. 1977) Fr. 197	having sexual intercourse at very young age, sexual contact with
follochnistal is was	ne evika baji	som dan	er også skyle skyråd er	multiple sex partners, and sexual intercourse without using condoms.
a gwalland	a be jainst	owsta wy .	sabintorgale de la comit	Through such sexual behaviors, STI gets transmitted. HIV, hepatitis B,
nya ka tyika mainua	uni, while	sia ver	Maria de Caractería de Car	gonorrhoea, syphilis, chlamydia, trichomoniasis, candidiasis are
randshi bisar	a at the co	.a. e. E.	KC www.fe, and the	different types of STIs. Among them, HIV, gonorrhoea and syphilis are
erden landfaren i	a, politika i n	a moren	wana na ika bab	described below.
e sulfi, testabuli	en e ga	ACC CARRY	Samont to me	បស្ជូនសេស វិសារ
es fine en gibbs	ADRIAL MODERN	u gragour	merges outlier	Syphilis
			urbu sjerita	- 228 4 F 30
				Syphilis is one the oldest STIs. It also affects body's major organs like
				heart and brain. it is caused by bacterium called Treponema Pallidium.
1. /\$1040131-141 (00014)	6.6	30,40,4	water of Discourse	These bacteria can live for long time inside the body.
Address of season, pro-	an ini vide	anis asika	e site o je da si o	3 - 3 (a) x - 40 x 4 (b) 4 (c)
slam Georgi s	a vavids.	T PERFORM	o jugarentario	Mode of Transmission
trigger governibate	fyrovi an angle .	tag balikan n	Elaboration Class (190	to mosperative
to a result to see.	s (ABO IIII ALIAN)	tars, Mis	sia establica di lave	Unsafe sexual contact with syphilis infected person.
autou lombiler	part to lugar	ati bee.	u Vares uiffoc	Using blood of syphilis positive person during blood
	unisage bi	អង្គប្រទេវ	esales caleda	transfusion.
		955.1	garðiði. Látiði	• When syphilis infected mother gives birth to a baby, the
				disease gets transmitted.
		www.silin	1 <u>5</u> , 11, 121	rightly paging altraceO altra
	<u> </u>			Signs and Symptoms
1	8.3 No.	3 <sup>1</sup>		rich gert Lieberger (1995)
金利,多名人	Promai	igg. Wee	richte en	• When bacteria enter inside body, as first symptoms, ulcers
	3(4.4)	Virija i	de di	appear on infected person's genital organs, lips, tongue,
				breast or mouth. These ulcers are painless and ichless and get
ORECO AD ACAD DO AC	er House	od totas		disappeared within 1-5 weeks.
Maraga Status V	raku amusib b	9131678833101		• During secondary phase, reddish rashes develop, swelling of
ains a raid agail	, just by	Repart to		lymph glands, loss of hair, sore throat, common cold like
ten i gili riqvar	as here is	alay be new		symptoms appear.
egenti. esten.	er (1786)	14 G 3	ony product	• If not treated in time, in 3 <sup>rd</sup> stage, bacteria enter inside heart,
ungarahre aya Tarba	libra mami	D DESERBE		brain, bone and muscles through blood circulation and cause
	80	sasil um		heart disease, paralysis, blindness and unconsciousness
				(dementia).
	L			

#### Gonorrhoea

It affects genital organs, urethra, anus and cervix (uterine). Gonorrhoea is caused by bacterium Gonococcus Neisseria.

#### **Mode of Transmission**

- Sexual contact with gonorrhoea- infected person
- Contact with pus/discharge coming out from gonorrhoea infected-person's genital organs.

## Signs and Symptoms

- Painful and burning sensation while passing urine. Frequent urination occurs.
- Thick, foul smelling discharge from penis and vagina.
- Swelling of urethra and genital organs.
- Small blisters appear around penis and vagina.
- In women, stomach pain at one or both sides, fever, nausea, and irregular menstrual cycles may occur.
- Pus formation / accumulation in prostrate gland.
- Eye infections, rashes in sexual organs in new born babies.

#### **HIV and AIDS**

Full form of AIDS is Acquired Immune Deficiency Syndrome. Our body has defense mechanism which protects us from diseases. Due to weakening of this immune system, occurrence of different diseases is termed as AIDS. In other words, AIDS is not a disease but a weakening of immune system of our body.

AIDS is caused by Human Immuno-Deficiency Virus. When the virus enters inside body, it weakens the body's immune system and makes individual susceptible to other infections easily.

AIDS was first recognized in 1981 and since then it has been spreading extensively. Looking at the present statistical data, within two decades, globally, about 4 crore (...40 million) people are living with HIV/AIDS. In Asian countries, HIV infection is being extensively increasing. In our country also, the number of people living with HIV/AIDS is increasing day by day.

## Signs and Symptoms

In the beginning, HIV-infected persons do not show any signs and symptoms. Different symptoms appear only after 10-15 years of infection with HIV. Since HIV destroys the immune system of the body, HIV-infected individuals become susceptible to any kind of diseases. Therefore, the signs and symptoms appear based on the type of disease they acquire. In Nepalese context, among HIV infected persons, TB infection has been found to occur. **Mode of Transmission** Unsafe sexual intercourse with HIV-infected person. Receiving blood of HIV-infected person during blood transfusion. Sharing syringe and needle that have been used by HIV-infected person without sterilization. This disease also gets transmitted from HIV-infected mother to baby during pregnancy. HIV doesn't get transmitted through following activities: Bathing together Eating together Shaking hands Sleeping together **Preventive Measures** Any sexual activities that are done at young age are unsafe. Decisions made regarding sexual activities at such age might not be correct. At young age, although person tries to have sexual contact safely, due to lack of appropriate and necessary skills it might become unsafe. Therefore, to prevent STIs, never have sexual contact at young age. Avoid sexual contact with multiple sex partners. People who look healthy may also be infected with STIs. Keeping sexual contact with such persons transmits STI. Always use condom correctly while having sexual intercourse. Condom use prevents STD transmission as well as unwanted pregnancy. When sexual relationship is between only husband and wife, condoms need not be used but they being also temporary devices of family planning and helping to prevent unwanted pregnancy, condom use is good.

				<ul> <li>Extensive public awareness programs on safer sexual behaviors must be conducted.</li> <li>Since HIV and other STIs are transmitted through blood,</li> </ul>
				<ul><li>always use blood only after testing during blood transfusion.</li><li>Needles/syringes must be used only after proper sterilization</li></ul>
				and use needle/syringe only once.
Health,	10 <sup>th</sup>	134-1	Substance	Tobacco and Drugs
Population and		38	Abuse	
Environmental				Tobacco and Tobacco-related Substances
Education				
				Using cigarettes, beedi, chewing tobacco and kakkad in the form of
				smoke is known as smoking. Overall, tobacco and tobacco-related
				substances are used either in the form of smoke or smokeless
				tobacco-related substances
				Tobacco and tobacco-related substances are the major causes of
			'V	disease. Globally, every year, 5 million people due to tobacco use. It is
				estimated that by 2020, annually 10 million people will die because of
				tobacco use.
				Evidence has shown that people who use tobacco are 3 times more
				likely to have heart disease, 1.5 times more likely to have stroke,
				asthma and 12 times more likely to have lung cancer. Nowadays,
			art of	tobacco use has been one the major causes of human death.
			2	Use of tobacco and tobacco-related substance is injurious to heath.
	. 12 -			Chemicals present in tobacco like nicotine and other chemical
				substances affect different parts of body. High blood pressure, heart
				attack, stroke, asthma, cough, cancer are caused by tobacco use.
				Causes of Tobacco Use
	·	1000	5	Peer pressure
		11.	7.1	Tobacco use by family members
				Tobacco advertisements
		*		Lack of awareness about the negative effects of tobacco use
				Uncontrolled production of tobacco-related substances
			1	Smoke affects even the people who are around smokers. Indirect
			`	smoking affects more than direct smoking. Below, we will learn about
				immediate and long-term effects of smoking/tobacco use.
				Immediate Effects
Maria				<u> </u>

ratu, iutar i Bisaffigi i	s sis vial y		Coughing, Asthma, and chest pain
	u tu utiva l		Skin gets wrinkled
arrow substitute for the	S 3 - 1 - 1 - 1 - 1 - 1 - 1 - 1 - 1 - 1		Increased blood pressure
The distribution of the product regard	er i Talanda		Decrease in libido and decreased number of sperms in semen
granders at Room (BOR) (1) Borner (Borton	2 - 1 - 21 - 2		Infertility in women and early menopause
	erro Para I		Decreased sense of taste, touch and flavor
			Foul breathing
			e para la
:			Long-Term Effects
			ga vada
and the state of t	ervicky remaining i R		• Due to asthma and coughing, heart is also affected.
Business states and an areas	10000		• Lung cancer including cancer of other organs.
DESCRIPTION OF LONG BUILDING	ar bil		• Heart attack and stroke.
			Stomach and peptic ulcer.
			Loss of sexual desire and infertility.
and Bramskins designed upon post	Dinistra		is various)
- Alban Boses existing	n igallica		Preventive Measures
de la maio d'Ardinat Engant de l	Ben Go		net transation
			• Avoid peer pressure
			If your family members smoke, you should aware them about
(1.00) 418 (1.00) (1.00)	. 4 - 2 2 2		its negative effects and motivate them to quit such behavior.
. क्षाप्ति । . सः विश्वयः ५५% ।	Mountain 1		Make public place as smoking free zone.
Reference in the second control of	i sa yir i.		• Other communication media must also ban the advertisement
The Level of Control of the Control of Contr	3 NW - 30, W		of tobacco and tobacco-related substances as has been done
			by electronic media of Nepal government.
AMONDA MORNE FERRER	rear Bose.		Refrain parents from telling their children to go and buy
ACOMOLIZAD NASA EL 1990 A D	. CHI. M		cigarettes for them as well as banning shops to stop selling.
lings of the state of			Make laws about smoking prohibition at public places and
production of the production of	rameyot b		their effective implementation.
		4.4 FRE	Alcoholism
		\$1584.591.740	Intake or use of alcohol containing liquid substances like jaand (locally
1	BOOK STATE	maj ye sare e	alcohol prepared from fermented rice), raksi (local wine), whisky, and
	z. p <sup>rz</sup>	reachestation bei wiel	wine is called alcoholism. Alcoholism is a social culture that has been
un nousaireas domininas.	DEL DREV I A	CALVALHORIZACIO	adopted by human beings from their ancient period. It is used by
700 08 150 William (30 0 7 6 6 7 6 6 6 6 7 10	navat y z t 🖟	, arbeig brilling is	people in the name of religion, parties and friends get together for fun.
			Since alcohol is available for selling and distribution unrestrictedly, its
config. 200/36 for .	- 1		use is not regarded as an illegal act, but wine contains chemical
andoa oast favores canal.	ļ		substance called ethanol that is harmful to body.
La linuxé ji gi s	uvi varreil. si	favi er drame yezo	.ec.softeam
			There are many negative health impacts caused by alcohol drinking.
		\$22°	According to researches being conducted so, more than 60 health
			problems occur due to alcoholism. Inflammation of liver, cancer of

different organs, high blood pressure, accidents, brain hemorrhage etc are major health problems. Not only that once it is used, it will turn to a habit of taking so everyday a person will become substance abuser and may be involved in several crimes. Alcohol drinkers will be involved in doing works against social benefits, quarreling, theft, robbery, and sexual crimes. Due to alcoholism, domestic violence, road accidents have been increasing.

#### Reasons for Drinking Alcohol

In Nepalese society, in many castes, taking alcohol is an important part of religious culture. Alcohol is found being used in many festivals, parties, and occasions in unrestrictedly. In this way, besides religious and cultural reasons, some people drink alcohol habitually. Following are the reasons for drinking alcohol.

- To have fun in friend's get together, people drink alcohol.
- Due to false belief that alcohol helps in food digestion.
- Due to attraction of advertisements
- Due to false belief that from alcohol body gain energy
- Under peer pressure
- drinking alcohol as a culture
- To prevent cold winter

## Effects of Alcoholism

The saying that effects of alcoholism depends on the types of alcohol is wrong. But it depends to some extent on its level. Following effects are seen due to alcoholism.

## **Immediate Effects**

- Uncontrolled activities due to interference with a person's thinking and memory power.
- Falling from sloppy area due to loss of physical balance.
- If excessive amount of alcohol is taken, death may occur.
- Quarrel, dispute among family and friends.
- May be involved in sexual crimes.

#### **Long-Term Effects**

- It may affect stomach and result in gastritis and ulcer and bleeding may occur.
- Due to excessive intake of alcohol, liver will be damaged and

	Τ.			
Only with the state of			an haoka dgiri sa	
BOUT WEST TOWN IN IT	agrada in Core	tarah yila	enez saselnorgió	if he/she gives up alcoholism.
Bases, threather, unintified	to, kilotoj esp	M. yes	og at gelagatike 👀	Reduced reproductive capacity in male and female.
formers solder	mulacad ten	7 m 2 m 230	mas katrok as U	Social status will go down.
.644 .755600. ,000	il ayəlisənisi	ga ya sada s	) laake terrige	Cause cancer at different parts of body.
Paragraphy Laran	podrev bri	ermon jiho	, e dens e cour	High blood pressure, heart attack and brain hemorrhage.
			goless	THE R • TO Economical crisis.
				No peace at home due to quarrel and dispute.
			krijedić grijigiji	e ic zasece
				Preventive Measures
1 14 3 3 3 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	g. Haadaa	19 (gal) (3) (b)	ou form an with	ra akonigari si
salar otassi yarizoto	2000 基	e opasie.	o salazar sa <b>ta</b> in	No matter what might be reasons behind alcoholism, it is not beneficial
2404.000 - 27b.20	nden za ili.	- Paris	welen it southern	to our body. From its use', on one hand, there will be wastage of
garage en glace	Jan Beach	a shaha	19. g 2	money, loss of health and ,on the other hand, there will be wastage of
			kepilus an America pa	time and future will not be secured and they will be isolated from
				society. To prevent alcoholism, following measures must be adopted.
interestable.	s gain an	apid by 1	ANT BEST DE	
aka o ay sin i	N DE WEIGHT	1744 174	n yani, et jako ex	Avoid friendship with people who drink alcohol.
	437	and the	To the section of the action reads.	At home, if alcohol is adopted as a part of culture, by making
gyrer, eb	, in a finite	typ sivey	the real of that of	aware of their negative effects, slowly such culture must be
			1. j. 1. j.e./2/1.	changed.
		5,786	ar salas de greis	• Instead of alcohol, culture of eating healthy foods should be
		-	for the production of the prod	developed.
				Prohibit the sale of alcohol in public places and manage
			in ki isuk.	provision of taking permission letter for sale and distribution.
				Health education should be extensively promoted to
to maliates of the	ter a displa	ajat raki	wexand to statistica	publicize negative effects of alcoholism.
ter Bioteco (co. a	al manga s	(#1+0+0+0+	e casew of Rossos	• Alcohol advertisement should be banned.
			aminak	as of orders and
				Drugs
				A STATE OF THE STA
				Those substances the use of which directly affects a person's brain and
Latitude Communication (1977)	. Jaguston F. 1. 147	100000		nerves leading to the weakness and excitement of body's organs. WHO
				has defined drugs as those substances from whose use brings one or
somethic	प्रदेशकी १६ अल	of subset		more changes in living beings activities. There are many kinds of
raidoky Mšira V	rad Judenia			drugs. Some drugs create excitement while some weaken body.
	ia wowin Gri	1. 8. 8VI. 1.		Likewise, some drugs produce mental disorder. Drugs include
	.2	Assista Fallan	ur di bere dan ed	substances like canabbis, chares, heroine, cocaine etc.
				Reasons for Using Drugs
lande less très l'Estan le	m a <sub>k</sub> in A	H 00% .		To get relief from unnecessary tension.
des authorizar e			भागतन पृक्षार शुक्रा	Friendship/relation with substance abusers.
loja, jostjanitski s	H., springe.	ropia su		Peer pressure.
	L		le de la companya de	

- Work failure, no protection from home, unemployment.
- Getting trapped in the greed of drugs traffickers.

## **Effects**

- Weakens memory power.
- Friendship with substance abusers.
- Accidents
- In co-ordination of thinking and work
- Loss of hunger and weakness
- Nausea and vomiting
- Sterility ,Infertility
- Those who inject drugs can contract Hepatitis B, C and HIV infection
- May cause death if drugs are taken for longer period of time.
- Social crimes will increase due to loot, theft, dacoits.
- · Robbery, dacoits
- They can't gain required knowledge and skills. Due to this, it
  will result in lack of national human resource and the
  country's image will be bad at international level.

## **Preventive Measures**

- Make public aware of negative effects of drugs through extensive extension of drugs-related education.
- Strict control over drug trafficking and motivate those people who make complain after finding such traffickers.
- Manage sports and entertainment programs. During leisure period, be engaged in entertainment programs.
- Hold discussion on the effect of drugs among family and neighbors.
- Be aware that nobody in your family becomes drug abusers.
- Try to make family relationship good and don't quarrel at home.
- Indiscriminate implementation of anti-drug abuse act.
- Try to make family relationship good and don't quarrel at home.
- Give advice or direction to drugs abusers to give up such activities and organize rehabilitation programs.

